OPEN YOUR MIND WITH COMMENTS & VIEWS

PAGE 6

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How do you spell Scrabble champ?

TOURNAMENT Calgary played host to a high-stakes Scrabble tournament this weekend which saw a new champion take the word t-h-r-o-n-e.

The Coast Plaza Hotel hosted the Western Canadian Championship and Jason Hlady from Saskatchewan took the top honours after beating defending champion David Wiegand with the word "fishbone."

It was the largest tournament Hlady has ever won.

Nearly $10,000 in prizes were handed out over the tournament and the two early bird rounds that ran earlier in the week.

Competitors came from as far away as Hawaii.

METRO CALGARY

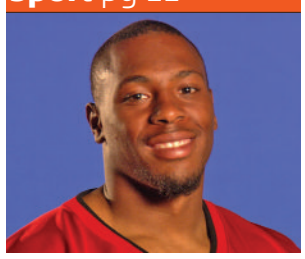
Small business pg 8

Mat leave a struggle for owners

News pg 5

PM pledges climate help

Sport pg 11



Lewis making an impact

Celeb Buzz pg 14

Jolie, Pitt fell in love on set

ROBIN KUNISKI FOR METRO CALGARY

A protective services officer inspects the damage left after a woman was critically injured in a collision with a C-train. She remains in hospital in life-threatening condition.

C-Train crushes car

Ald. suggests need for control arms

NEIL MACKINNON
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Control arms may find their way back to downtown C-Train crossings.

Ald. Andre Chabot said it might be time for council to consider re-installing control arms, which were "removed years and years ago," to prevent further wrecks after a collision yesterday morning between a train and a car sent a woman in her mid-20s to Foothills Hospital with life-threatening head and chest injuries.

"They would certainly be a deterrent," said Chabot, who expects a full Calgary Transit safety audit to come out this spring addressing such possibilities.

"But if we're going to re-install these things, we'd also have to consider putting railings up all along the line to stop people from crossing the tracks."

Calgary Transit's Ron Collins said simply abiding by signals already in place should be deterrent enough.

"Considering the C-Train operates 22 of 24 hours every day, the number of accidents we have are very few and far between."
Ron Collins, Calgary Transit

"Considering the C-Train operates 22 of 24 hours every day, the number of accidents we have are very few and far between," he said.

The west-bound train hit a small charcoal grey Dodge car around 9:45 a.m. at the intersection of Macleod Trail and 7 Avenue SE, putting its passenger side nearly on the driver's side and leaving a 50-metre trail of shattered glass and debris.

No one on the train, which came to a halt just shy of its Olympic Plaza stop, was hurt and police are still investigating the crash's cause.

A woman and "close friend" was behind the car when it was hit but said she didn't want to elaborate as she had to re-live it for police too many times.

"I'm pretty shaken up," she said.

ShareYourViews
calgaryletters@metronews.ca

Shootings prompt calls for security

KRISTA SYLVESTER
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POLICE As five people are recovering from a shooting in a crowded bar on Friday, there are calls for more security at city bars.

But Ward 12 alderman Ric Mciver, who also sits on the police commission, thinks the city needs to take it a step further and re-instate something similar to the "pay-duty" program.

"I'm not sure if just more security is the answer. I think we need to re-evaluate out policies on having off-duty police officers back in the bars," Mciver said.

"I don't want to be in the wrong place at the wrong time. You could be out just having a good time with your friends, and then suddenly, it could all be over."
Tasha Bergman

The city did have a program in police where bars could rent off-duty police officers to patrol bars, but after a report said it was "unethical," they pulled the officers out of the bars last March.

Mciver also thinks there needs to be a program in place to deal with problem bars, or "frequent flyers," as he called them.

Tasha Bergman, 21, says she used to enjoy going out to bars but now prefers going to house parties or pubs instead.

"I don't want to be in the wrong place at the wrong time. You could be out just having a good time with your friends, and then suddenly, it could all be over, just like that."

Meanwhile, police are continuing to search for the shooting suspect.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

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Volunteers needed
The Distress Centre Calgary is experiencing a shortage in daytime volunteers for their crisis lines. In an effort to fill the vacancies, they are offering a specialized training session for volunteers. For more information, call 403-266-1601. METRO NEWS SERVICES

Local

Premier off to economic summit

Alberta's premier will be in Montreal to come up with a strategy with other provincial leaders on how to tackle an economic crisis that has gripped stock investors, plagued soon-to-be pensioners, and made thousands lose their jobs across North America. Premier Ed Stelmach will talk about how the economic situation is affecting each province from coast to coast.
METRO CALGARY

Two dead in weekend road carnage

TRAGEDIES It was a deadly weekend on Calgary's roads after two people were killed and three were left in critical condition after two separate accidents.

Calgary EMS responded yesterday morning to a crash along the Trans-Canada Highway and Old Banff Coach Road around 3:45 a.m. where they found four men trapped in a car. Three were brought to Foothills Hospital in critical condition and one was pronounced dead on scene.

A day earlier, a truck driver died after his vehicle lost control and flipped into a ditch on Symons Valley Road around 4:30 p.m.

EMS spokesperson Paul Lapointe said it is rare to have two deadly accidents so close to one another.

"It's really sad and strange to respond to two such serious accidents from our point of view. It's very tragic," he added.

Authorities continue to investigate both accidents.

KRISTA SYLVESTER/METRO CALGARY

Male tales offer wit, insight

Show 'a bit of a roller-coaster of emotions' says producer

KRISTA SYLVESTER
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In unheralded honesty, humour and hilarity, Cocktales is set to entertain and educate Calgarians this week.

The mostly funny but sometimes insightful play into men and their most prized body part will leave audiences leaving with a better understanding of men, according to actor and producer Ryan Luhning.

Cocktales is the male version of The Vagina Monologues, and features men talking about their penises, and how they think and feel about them — really.

"It shows men's insecurities and vulnerabilities. It's a bit of a roller-coaster of emotions but we're just telling people what they might not already know," he added.

For instance, most of the audience is women, he said, and when they leave they often say, "I didn't know men felt that way," he added.

"It was kind of made for men but then we look out and see it's 80 per cent women and gay men. But it's a powerful way to educate the audiences and entertain them too," co-producer and actor Joel Cochrane said.

"It is hands down the most entertaining, funny and endearing show in the city," they added.

PHOTO COURTESY OF JEFF PARRY PROMOTIONS

Actors in the production of Cocktales talk about their insecurities and vulnerabilities with humour. The show runs at the Jack Singer Concert Hall tomorrow and Wednesday.

Third time's the charm

- This is the third time this production of Cocktales has come to Calgary. The show runs tomorrow and Wednesday night at the Jack Singer Concert Hall. Tickets are available at www.groundzerotheatre.ca or www.ticketmaster.ca.

News in brief

ACCIDENT The driver of a trailer involved in a crash that killed a dozen horses on Deerfoot Trail Friday is facing a host of charges. Police have charged the man with careless driving, failing to produce insurance, failing to change his address with the registry, operating a vehicle with the wrong license class and failing to have a plate on the trailer. METRO CALGARY

metronews.ca
What's online today.

Read Guidy Mamann as he tackles the tricky question of immigration sponsorship at metronews.ca/live
Check movie showtimes, trailers and reviews at metronews.ca/movies
Search for jobs using Metro's Workopolis search
Play online Sudoku!

Lotteries

Friday, Oct. 17
Lotto Super 7 13, 14, 15, 25, 36, 38 & 44. Bonus 24.
Saturday, Oct. 18
Lotto 6/49 11, 13, 26, 32, 34 & 44. Bonus 2.
These results are not official.

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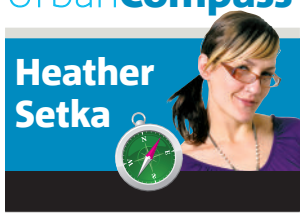
Frightening festivities
It's never too early for clubgoers to plan for Halloween. There are still tickets available for various city events such as pub crawls and parties for the Oct. 31 weekend at *clubzone.com*. METRO NEWS SERVICES

Urban Compass

Sussing out BLVD's mysterious meaning

UrbanCompass



Urban Compass begins this instalment at the Greek eatery Ouzo on 4th Street. Over calamari, tapenade and eventually baklava, the conversation turns to one diner's yoga class a week or so ago. And this is how we stumble onto our first documented celebrity sighting.

Tree (hugger) pose

Recently quoted in Metro saying she's "appalled" by Alberta's oilsands, Canadian actress Neve Campbell was spotted in a downward dog at Bodhi Tree yoga studio.

The Guelph, Ont.-native filmed scenes in Calgary last year for a miniseries called Burn Up. Campbell fittingly plays an oil company employee in cahoots with environmental activists in the global-warming thriller.

Our source wasn't even entirely sure it was Ms. Campbell until the yoga instructor commented on her good form. And used her first name. Not too many Neves around these parts.

And what was the dark-haired natural beauty wearing? Lululemon and a sweet smile.

Perhaps this is a sign. If Urban Compass wants some real celeb run-ins (instead of simply talking about them), we should do more yoga poses and less posing in dark corners.

We'll see about that. For now, we're stopping at BLVD to suss out what it stands for.

Above, from left, Carlo Dalisay, Erika Dalisay, Shella Phang, Jocelyn Samanigeo and Jeffrey Samanigeo aren't famous. They simply called ahead for reservations to celebrate the Dalisays' arrival from Singapore last week. "It's cold," Carlo says. You ain't seen nothin' yet. B-b-brrr, baby. Below, from left, Wayne Stephens, Byron Bishop, Nathan Humphrey, Rodwell Phillips and Josh Halldorson are all smiles.

On the BLVD

Although one might assume BLVD (150-1800 4th Street SW) simply refers to a type of street, the restaurant-lounge's cheeky — but also a tiny bit sleazy — ads point to something else.

One magazine spread suggests: Braless Leggy Vodka Double-Jointed.

Another quips: Bordeaux Lamb Voulez-Vous Doppelganger. That last one wouldn't even make sense except for the photo of two look-a-like bare-legged women perched on bar stools, leaning into each other.

The creepy thing about these ads is that the models actually resemble BLVD's clientele.

The sexier sex sport short dresses and high heels. Making eyes at them, the men model metrosexual mohawks and button-up shirts with the sleeves rolled halfway up their glorious forearms. Either the agency really researched the market or people reference these ads when they're getting dressed.

Almost everyone surveyed in Urban Compass' highly scientific sampling called BLVD a "classy" joint. Hmmm… maybe they're not paying attention to those ads after all.

Below, Kira Forster, left, and Jennifer Fleiger put their freakum dresses on (short and backless, as Beyoncé would say). The two Roadhouse staffers took the night off to celebrate Forster's 25th birthday at BLVD. "It's weird. I keep feeling like I need to be behind the bar," Forster says.

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Angels' bunker burns
A fire gutted a Hells Angels bunker Saturday in Sorel-Tracy, about 90 kilometres northeast of Montreal. Witnesses reported that a vehicle rammed into the bunker, a two-storey garage-style building, just before the blaze began. Police confirmed a truck was found in the wreckage. **CBC NEWS ONLINE**

Canada

Legendary bodybuilder dies

Ben Weider, credited by some with discovering a young Arnold Schwarzenegger, died at Montreal's Jewish General Hospital on Friday at the age of 85. Weider was born in Montreal and spent 60 years in bodybuilding. He was appointed a member of the Order of Canada in 1975 and promoted to officer within the order in 2007. Funeral services will be held today. CBC NEWS ONLINE

REUTERS/CHRISTINNE MUSCHI

Haiti's President René Préval, left, meets with Prime Minister Stephen Harper at the Francophonie Summit yesterday.

Harper pledges to help poor countries with climate change

ENVIRONMENT Despite criticism that his government hasn't done enough to deal with climate change here in Canada, Prime Minister Stephen Harper yesterday announced $100 million to help poor countries deal with the pressing environmental issue.

The money will be distributed this fiscal year primarily through international development organizations, Harper announced during the closing press conference of the summit of la Francophonie, held in Quebec City.

TORSTAR NEWS SERVICE

Dion to break silence

McCallum likely to take over if Grit leader steps down

Toronto-area MP John McCallum is the first choice of the Liberal caucus to take over the party as interim leader if Stéphane Dion announces today that he is going to immediately return to the House of Commons' backbenches.

Dion is going to reveal his decision to relinquish the Liberal leadership at a 2 p.m. press conference, and Liberal sources say the leader spent the weekend in seclusion with his family trying to decide the timing of his leave-taking.

He could announce that he will hand over the leadership now to an interim leader who would be in charge until a new head of the party can be chosen. Or, he could ask the party to allow him to stay on himself as interim leader until a leadership convention, which will most likely be held in the spring.

Stéphane Dion

If Dion gives up the mantle immediately, Grits say the consensus choice for interim chief is McCallum, the MP from Markham-Unionville who has been the party's finance critic.

McCallum wouldn't comment yesterday except to say that he would be honoured to be interim leader if the party asks him to do so. "Yes, I would be willing to serve if he decided to step down," he said.

TORSTAR NEWS SERVICE

News in brief

SEXSOMNIA The Ontario Court of Appeal has overturned the acquittal of a man who had non-consensual sex with a stranger because he was asleep and suffering from "sexsomnia."

OUTBREAK More than 150 people in North Bay, Ont., are ill, potentially with a deadly strain of E. coli 0157:H7. The source of the outbreak has been traced to a Harvey's restaurant.

TORSTAR NEWS SERVICE

HPV spreads easily through skin-to-skin contact

Ottawa to limit bisphenol A baby bottles

HEALTH The federal government will move to limit sales of baby bottles made with the chemical bisphenol A, a suspected carcinogen widely used for hardening and shatterproofing plastic and lining food tins.

Saturday's announcement comes amid mounting evidence it can leach into food and beverages.

The substance has been linked to cancer and infertility in laboratory animals.

REUTERS

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Comment & Views

Thoughts to make you think

HineSight

Anne Hines

Today, I'd like to share some wise words by other writers. I do this in hope that it will broaden our horizons. Introduce us to new ways of seeing the world. And get me out of having to come up with any material of my own.

Here are "Thoughts That Just Make You Think."

1. From James Fitz-James Stephen, who is most famous for reputedly having said: "Two million names in the universe and my parents had to use the same one twice."

He also said: "Originality does not consist of saying what no one has ever said before, but in saying exactly what you yourself think." I wish I'd said that.

I want to be special, just the same as everyone else. Individuality is prized in our world. Unless it means dressing or acting different than other people.

What I want is to be unique and individual but not stand out in any way that gets me left out of conversations in the staff lunch room. Something like that.

2. A deeply insightful quote from Henry David Thoreau. "Let us spend one day in peace, not upset and overwhelmed in the rapid whirlpool of life. If the engine whistles, let it whistle. If the bell rings, why should we run?" This is so true. Really, who isn't able if they choose to take a few moments and step outside the busyness of life, allowing our minds to simply… hold on, my cellphone's ringing. I should just answer this…

3. From Lady Astor. "I used to dread getting older, because I thought I would not be able to do all the things I wanted to do. But now that I am older, I find I don't want to do them anyway." I never know if I find this comforting or depressing.

4. Marie Osmond. Seriously. She said, "If you're going to be able to look back on something and laugh about it, you might as well laugh about it now."

These are wise and helpful words to remember if you're, say, prone to being anxious or taking life too seriously or perhaps if you're, I don't know, let's say my partner, Liz, whose brand new Italian leather jacket I accidentally got ink on yesterday.

All words to live by. Or at least to puzzle over. Which is likely the best we can do. You can quote me on that.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Word on the street: Would you be more likely to vote in federal elections if you could do it online?

Kruise Sabourin
age 20, Calgary

A: It would make things a lot easier and I'd probably even vote if you could do it online.

David Backman
age 37, Edmonton

A: Yes, definitely. This year, I had to stay after school and do a project, and didn't have to time to vote. I also didn't realize about the advanced voting.

Virginia Brown
age 25, Toronto

A: No. They have polls everywhere, so it's not like it's very far to go from home. It was two minutes away, so it's not too difficult.

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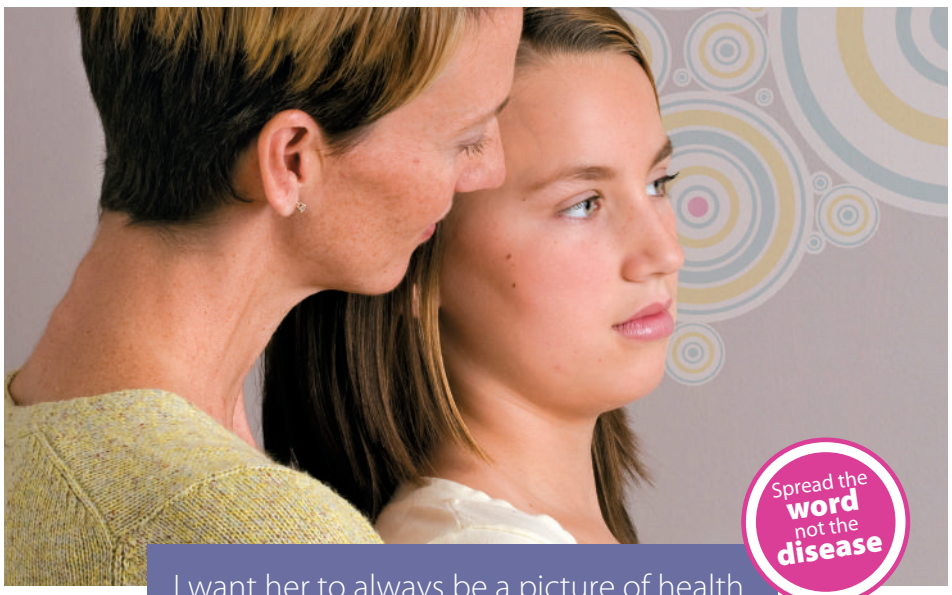

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Livni under pressure to form coalition
Tzipi Livni is expected to step up efforts to put together a coalition government and become Israel's prime minister, after the expiry today of an original 28-day period to form her administration. REUTERS

World/Business

Powell backs Obama

Democrat Barack Obama won the support of former Republican Secretary of State Colin Powell yesterday and announced he raised a record $150 million last month, dealing a double blow to rival John McCain's presidential campaign.

McCain, despite trailing in opinion polls and fundraising, said he still expects to win the Nov. 4 election.

Powell, who served several Republican presidents including Bush as his first secretary of state, said either candidate would make a good president but he was critical of McCain's uncertainty on how to deal with the economic crisis.

Powell

Powell, who in the past was mentioned as possibly the first black U.S. president, told NBC's Meet the Press he backed Obama "because of his ability to inspire, because of the inclusive nature of his campaign, because he's reaching out all across America, because of who he is."

"I think he is a transformational figure," Powell said of the man who could become the first black president. "His is a new generation coming ... onto the world stage, American stage." REUTERS

Business

More rescues and bailouts

South Korea and the United Arab Emirates joined efforts yesterday to shore up banks and markets pummelled by the global economic crisis.

Seoul pledged $130 billion US in state guarantees and capital injections, while the Emirates said it would inject $19.06 billion US into long-term bank deposits.

Dutch financial group ING will receive 10 billion euros from the Dutch government.

U.S. President George W. Bush said he would host the first crisis summit, shortly after the Nov. 4 U.S. federal elections, that would focus on "principles of reform" needed to fix the financial system. REUTERS

In brief

OIL OPEC oil producers may cut oil supplies in two rounds, one when they meet next week and a second later, to drain a 2 million barrel a day surplus and stabilize prices. REUTERS

HPV spreads easily through skin-to-skin contact

News in brief

SPYING France will strengthen its laws on private spying firms after the head of a company marketing Taser stun guns in France was suspected of mounting illegal surveillance of a Trotskyist politician critical of the weapons. REUTERS

Iraqis hesitate on U.S. pact

TROOPS A pact that would allow U.S. troops to stay in Iraq for three years failed to secure the support of Iraqi political leaders on Sunday, raising doubts about whether it can survive without new negotiations.

The Iraqi government took pains to say the deal was not yet dead, but the lack of an endorsement from a body known as the political council for security — which groups parliamentary faction leaders — makes its future far from certain. REUTERS

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By the numbers
According to Statistics Canada, there are more than 70 small businesses for every 1,000 people across the country. NEWS CANADA

Small Business

Software saves time

Accounting software can print cheques, create invoices, track expenses and set due-date reminders to keep track of money coming in and out. A survey of small business owners showed 80 per cent of users save 10 hours a month by using software. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Mat leave 'non-existent' for owners

Tricia Mumby, 35, one of four co-owners of Mabel's Labels (mabel.ca), fit her maternity leave into exactly 10 days — the time between when she gave birth, and when one of her other co-partners did. "I got the call she had her baby and my mat leave was over!"

Welcome to the world of the "non-existent" maternity leave for small business owners, who aren't eligible for benefits themselves — and can't often take leave, since they can neither afford to be without their own salary or let the business slide — but who are obliged to work around staff leaves and keep their jobs open for their return, no matter how key those positions are to the company's success.

Lee-Anne Arkell, founder of Peekaboo Child Care Centres (peekabookid.com), which has 17 owner-operated and franchised facilities in southern Ontario, knows the challenges of losing staff to maternity leave. Arkell, who founded the operation in 1999, now employs more than 500 people, 90 per cent of whom are under 30, and all but five who are female.

Arkell, who had her second child after she founded the company — "I had her on a Saturday and went back to work on the Tuesday" — says she's feeling the stress of maternity leaves mostly in her management team.

"Knowing in the future we would have managers on leave, and knowing it would only get worse," says Arkell, the company created assistant supervisor positions at every centre. "We do a lot of training so they're ready to take over for the year while my supervisors are on mat leave."

Small business owners aren't eligible for income replacement benefits while on maternity leave, so they return to work almost immediately after the birth of their child.

And because so many staff aren't ready to come back after one year, Peekaboo will hold their jobs for a second year, to encourage them to come back when they're ready, rather than to go somewhere else down the road. Otherwise, all the "work you've put into training staff is gone," says Arkell.

That said, small business owners could benefit from government programming to assist in staff training, she says. "There's nothing to help people get training for management staff."

Government assistance for small businesses whose staff are on maternity, sick, or elder care leave is something the Canadian Federation of Independent Business has been demanding for years, says president Catherine Swift.

"Everyone supports people being able to take care of their babies, but can't you give some relief somewhere else?" she says she's asked Ottawa.

"Help them bring someone else in for a year, or give them a holiday on paying Employment Insurance premiums. Show an olive branch," she's urged. "So far, there's been nothing, of course."

The biggest challenge small businesses have around maternity leave, she says, is that they have fewer staff to fill in when others are on leave. And while sick and elder care leaves can take a toll on small businesses, it's maternity leave that really throws a wrench into the works, she says, simply because of its duration.

As for women who are operating small businesses, like Mumby and Arkell, they aren't eligible, notes Swift.

"Increasingly women own businesses," she says (in fact five out of six new businesses are started by women), but aren't eligible for any income replacement for any time they can manage to take off. Swift says there should be another system entirely for social programs such as maternity leave, elder care and sick leave that would allow female entrepreneurs to take leave, too.

Mumby gets support from her partners, Julie Cole, Julie Ellis and Cynthia Esp, who have 11 children between them. Mumby and Cole, in fact, work from their homes, hiring babysitters to care for the children upstairs. That means the kids are entertained while they work, but they can go upstairs to deal with problems.

Sometimes the four work through the weekend, and have cots and cribs set up so they can put the kids to bed, and hold meetings at night.

"There's no such thing as a mat leave when it's a small business and you're so involved in management," says Mumby.

"A small business is another baby," she says. "You don't want to miss its first years, any more than your child's."

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(Additional materials will be offered for sale at this Introductory Conference.)

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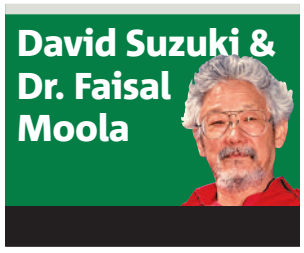
METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

We are all animals on this planet

ScienceMatters



We humans sometimes forget that we are animals. We're mammals, and like all mammals, and indeed all animals, we are connected to and dependent on the web of life. When part of that web is in danger, we are all in danger.

And our mammal cousins are in danger. According to the International Union for Conservation of Nature, one quarter of the world's 5,487 known mammalian species face extinction in 30 years if we don't act now to protect them.

The causes of this biological crisis include habitat loss and damage, introduction of invasive species, pollution, harvesting, and climate change. Because many mammals are large (elephants, hippos, rhinos), exhibit extraordinary intelligence (chimps and gorillas), or have a ferocious nature (lions, tigers, and bears), we have often assumed that they are somewhat resilient to human impacts. This couldn't be further from the truth.

Scientists now believe that the biology of many mammals contributes to their vulnerability. For example, polar bears and grizzlies are particularly susceptible to decline because they require a lot of food for energy, they are large, and they reproduce infrequently and have few offspring when they do reproduce. Human impacts such as unsustainable hunting or habitat destruction put more pressure on the ability of these species to survive.

There is some good news, though. The IUCN assessment showed that "concerted conservation efforts" can bring mammals back from the brink. For example, by reintroducing the black-footed ferret into eight western U.S. states and Mexico, the U.S. Fish and Wildlife Service managed to move the animal from the list of animals that were extinct in the wild to the endangered list.

But who cares about the black-footed ferret, or the wild horse, or the African elephant? We humans are not in danger of extinction, are we? As the top predator on the planet, our survival and well-being depend on the health and well-being of all life that supports us.

Even if we look just at the short term, we see that it's in our best interest to protect our fellow animals. As Dr. Jane Smart, head of the IUCN's species program, points out: "The longer we wait, the more expensive it will be to prevent future extinctions. We now know what species are threatened, what the threats are and where — we have no more excuses to watch from the sidelines."

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Reduce waste, Canadians told

Canadians are saying it's time to clean up our act.

From Oct. 19-25, communities across the country will participate in Waste Reduction Week, an educational campaign devoted to raising awareness about how much garbage Canada produces and how much progress Canadians have made. Events from Vancouver to St. John's will highlight the importance of recycling and ways to curb what we leave at the curb. Oscar the Grouch, Sesame Street's resident trash collector, will play the role of spokesmuppet for the eighth annual campaign, doing two public service announcements and appearances in which he'll explain how to reduce, reuse and recycle.

For more information, visit http://www.wrwcanada.com/index.htm.

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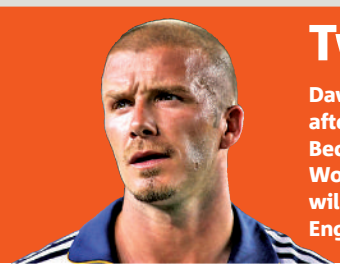
Sid hits two benchmarks
Sidney Crosby surpassed the 100-goal, 200-assist and 300-point plateaus in a one-goal, three-assist outing on Saturday in the Pittsburgh Penguins' 4-1 win over the Leafs. METRO NEWS SERVICES

Sports



Two new gigs for Beckham

David Beckham will train with AC Milan beginning in January to stay in shape after the MLS season ends, Italian newspaper La Gazzetta dello Sport reported. Beckham wants to remain fit so that he can be called up to play in England's World Cup qualifying matches. It was also announced Sunday that Beckham will serve as the vice president of the bid to bring the 2018 World Cup to England. METRO NEWS SERVICES

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ELSA/GETTY IMAGES

The Tampa Bay Rays celebrate after winning Game 7 of the American League Championship Series last night.

Rays off to World Series

Rays 3 Red Sox 1

Perennial doormats in the American League, the Tampa Bay Rays shed that label this year and are now headed to their first World Series, all while denying the Boston Red Sox a chance to repeat for the title.

Matt Garza was lifted in the eighth inning after throwing 118 pitches, and the Rays got out of a bases-loaded jam later in the frame when they used four relievers to beat Boston, 3-1 last night, and capture the deciding seventh game of the AL Championship Series. Willy Aybar scored the go-ahead run on Rocco Baldelli's single in the fifth inning, and then homered in the seventh. Evan Longoria doubled in Tampa Bay's other run, as the Rays moved into the World Series to face the Philadelphia Phillies, starting Wednesday night at Tropicana Field.

The Rays became just the third team to advance to the World Series immediately after 10 or more consecutive losing seasons. Prior to this year, the most wins for the Rays, who entered the majors in 1998, was 70.

METRO NEWS SERVICES

Lewis stamping his name in Calgary lore

DAN TOTH
for Metro Calgary

Nik Lewis has been a record catch for the Calgary Stampeders but one look at the names he's run past reveals his true impact as a player.

The Stampeders receiver has moved ahead of such Red and White legends as Allen Pitts, Terry Vaughn and Travis Moore despite arriving in Calgary during one of the most tumultuous periods in franchise history.

Lewis, in his fifth season in Calgary, caught 10 passes for 100 yards in Saturday's 37-16 win over Winnipeg, solidifying their hold on first place in the CFL West Division with an 11-5 record. Another stellar night pushed him over three receivers who enjoyed playing in Calgary under Wally Buono during the 1990s, an era of stability for the franchise.

Stampeders receiver Nik Lewis has already passed Calgary legends such as Allen Pitts and Terry Vaughn on the alltime receptions list.

Lewis now holds team records with five consecutive seasons with 1,000 receiving yards, in addition to 86 straight games with at least one catch.

This, despite arriving in Calgary from Southern Arkansas in 2004 at the tender age of 21 when the team, then owned by Michael Feterik, had placed Matt Dunigan in charge and turmoil surrounded the club.

"That's Nik's thing, to be able to do his best under any circumstance with the cards he's been dealt," noted veteran offensive lineman Jeff Pilon.

"He's able to take a five-yard pass and turn it into a 20-yard gain and that's his drive to be the best. He's grown up a lot over the years. Some guys have said, 'What crazy stuff is Nik Lewis going to do today?' but he's matured so much and grown as a man and as a receiver.

"He was so young when he came here but he's grown as a professional and honed his craft. It's been a pleasure to see a guy really stay focused and mature like he has."

> **"That's Nik's thing, to be able to do his best under any circumstance with the cards he's been dealt."**
> Jeff Pilon

Even with the arrival of quarterback Henry Burris the following season under a new ownership regime, Lewis has thrived amid coaching changes while also maturing as a player. In five seasons he has played under four offensive coordinators but has always sidestepped obstacles to make an impact.

"The feeling I have is of pride," Lewis said. "The receiving corps here is amazing and they take a lot of pressure off so I can do what I do. I'm blessed."

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Student groups call tuition disparity in Canada 'unfair'

Student organizations expressed frustration over the difference in tuition rates across Canada, as highlighted in a new Statistics Canada report. Both CASA and the Ontario Undergraduate Student Alliance worry the 3.6 per cent jump in tuition would pose a threat to students who already have trouble affording post-secondary education. METRO NEWS SERVICES

Workology

Market woes

Scholarships, student aid and research funding at the University of Ottawa could be reduced if North American stock markets continue to fall, affecting the school's endowment fund. UOttawa expects to have at least a 10 per cent loss this year. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Cirque du Soleil meets pizza

OddJobs

Diane Peters

Five years ago, Juan Hermosillo, a cook in a California restaurant, saw a fellow employee spinning pizza dough, doing fancy moves and making it dance through the air.

"I'd never seen anything like that," recalls Hermosillo, who had gotten into the restaurant business to make enough money for vet school.

When his boss opened up a new restaurant, Hermosillo talked him into letting him make pizzas — he had to be convinced, as Hermosillo was a pretty good cook and was needed in the regular kitchen.

At the new job, Hermosillo started practising his spins. At first, he was rotten at it, and frequently burned himself on the nearby oven and dropped the dough, ruining it. His coworkers were often annoyed. Keeping in mind the acrobatics moves of Cirque du Soleil performers and great jugglers, he forged on with extra practising at home with a wet towel.

Eventually, he mastered the basics. Customers started watching him and his managers suddenly had only praise. "Everything just changed once I got good at it," he says. His boss suggested he go out for a pizza spinning competition he'd seen advertised in a trade magazine. Hermosillo got second place — just seven months after starting to spin.

He kept attending competitions. In 2004, he beat the reigning world champion. In 2006, he competed with the U.S. team at the World Pizza Championships in Italy and came in fourth.

Not only does Hermosillo make the dough do gravity-defying spins, but he incorporates juggling (using two pieces of dough at once), breakdancing and acrobatics into his routines.

Juan Hermosillo demonstrating his pizza-spinning moves.

Eventually, he left his job and made his living spinning pizzas in competitions and as a performer. He ended up living and working in Montreal and in 2007 got hired by Pizza Pizza in Toronto, where he now works as a spokesperson, performer and trainer.

To stay in shape and keep his spinning skills sharp, Hermosillo practises for as many as five hours a day — usually using rubber pizza dough — particularly when he's developing a new move, which can take months to perfect. He sometimes uses a personal trainer to help with gymnastic-like moves, like backflips. When he travels, he makes use of hotel gyms and at home he's turned his living room into a spinning studio.

Now 28, Hermosillo no longer thinks about vet school. Spinning pizza, making pizza (his family's restaurant in California features a Mexican-style steak pizza he invented that's very popular) and promoting spinning is a career he thinks he'd like to stick with for awhile.

"It's funny how far I've come with spinning pizza dough."

The Lowdown

Job title: Pizza Spinner
Salary: $40,000 and up
Education/training: Making pizza in a restaurant and practising spinning whenever you can
Best Part of the Job: "I really love it when people cheer me on. I come from a humble place, I was born in Mexico City, and I'm always amazing when people ask for my autograph."
Worst Part of the Job: "When you come home after a competition, you feel pain everywhere."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Foreign films fight for Oscar
Sixty-three countries will be fighting for a Best Foreign Film Oscar next year after Academy Awards bosses closed submissions. Those battling for a place on the nominations shortlist include entries from Afghanistan, Bangladesh, Egypt, Iran, Kyrgyzstan and Venezuela. **IMDB.COM**

Entertainment

Space Odyssey

Brad Pitt is set to star in a new adaptation of Homer's The Odyssey — set in outer space. The Odyssey follows the story of Odysseus and his return to Ithaca following the end of the Trojan War. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

BookPicks

Mango inspires girl's will

The Bite of The Mango

Author: Mariatu Kamara with Susan McClelland
Publisher: Annick Press
Price: $12.50 (Paperback)

TO MOST, A mango is little more than a sweet tropical fruit. To Mariatu Kamara, it was a reminder of life's potential. In The Bite of the Mango, journalist Susan McClelland retells Kamara's horrifying adolescent brush with death as told to her by Kamara herself. When she was 12 years old, armed rebels attacked Kamara in her native Sierra Leone. They cut off both her hands with a machete, leaving her to crawl through the terrain where eating a mango fueled Kamara's will to live. The book follows her from Africa to Toronto where, 10 years later, she's set to tell her story across the continent as UNICEF's Special Representative for Children and Armed Conflict. **Brian Coulton/for Metro Canada**

Read about books Death: A Life and Thin Is the New Happy: A Memoir at metronews.ca

In brief

BOX OFFICE The top movie over the weekend was Max Payne with $18 million US. **REUTERS**

IntelleVision

Rick McGinnis

read it at metronews.ca

You can prevent HPV, but there is no cure

Joyce great for lunch anytime

The Joyce on 4th
506, 24th Ave SW
403-541-9168
calgarysbestpubs.com

Signature Dish: Traditional Irish pub food
Hours of operation: Mon-Fri (11 a.m. to 2 a.m.), Sat (9 a.m. to 2 a.m.), Sun (9 a.m. to 11 p.m.)
Rating: ●●½
Price Range: $$ (out of 5)
Reservations: Not needed
This restaurant is good for:
Client negotiations: NO
Lunch w/ co-workers: YES
Social Client: YES
Quick solo lunch: No
Time in: 12:01 p.m.
Ordered: 12:09 p.m.
Food arrived: 12:49 p.m.
Time out: 1:16 p.m.
Total time: 1 hr, 15 min
Low $: Vegetarian Pizza, $10.99; **High $:** New York Strip Steak, $18.99
Lunch: No separate menu

LunchRush

Blaine Schlechter
blaine.schlechter@metronews.ca

Two of my favourite words in the English language are "Irish" and "pub." When you combine the two, the size of your smile inevitably widens. With that said, I have never actually been to an Irish Pub for lunch without having drinks, so this was an interesting venture for me.

The Joyce on 4th is your standard Irish-looking establishment, complete with wood paneling throughout, soccer playing on the big screens and pub regulars already two pints deep into the noon hour. I sat on the patio — which is an added feature at the Joyce — and ordered the Wild Boar Burger ($13.50) with a side of sweet potato fries. The taste difference between Wild Boar and regular beef? Don't ask me, I couldn't tell — but it was a good burger and the sweet potato fries were a definite high point of the meal. The menu boasted authentic Irish pub fare, including Bangers & Mash, Yorkshire tidbits and Irish Stew. Variety is key here as the options for side dishes included two different soups, two different salads, regular or sweet potato fries, baked or mashed potato and rice. I like variety so I enjoyed having the options.

The Wild Boar Burger with sweet potato fries at The Joyce on 4th.

Overall the food was good but fairly limited to "pub" style.

The only downside, if you can call it that, is that the Joyce is a pub — making it hard to leave within the hour. I would recommend The Joyce for lunch anytime, but make sure you are with some social clients or friends and, if at all possible, make an afternoon of it. I know I did.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/20/08 primetime	267	351	- ACCESS	Help TV		The Mentalist (HDTV) (N)		Sarah Connor Chronicles		Two/Half Men	Samantha Who	Help TV
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami "Bombshell"		Dancing With the Stars (HDTV)			Corner Gas (N)	News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)			Samantha Who	Boston Legal
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Dragon's Den (N)		The Border (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Prison Break "The Price"		My Own Worst Enemy		Heroes (HDTV) (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Celebrity Fit Club		Chuck (HDTV) (N)		Curb-Enthsm	Less-Kind	Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Hauts		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		Jack Benny	Wait for God	Antiques Roadshow		American Experience: LBJ: Beautiful Texas		
	502	390	15 CBC	CBC News: The National		Freeheld		CBC News: The National		CBC News: The National		Freeheld
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)		Heroes (HDTV) (N)		Worst Enemy
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break "The Price"		News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	(6:30) NFL Football Denver Broncos at New England Patriots.					SportsCentre		UEFA Weekly	E:60 (N)
	408	418	27 net	Darts				Hockey Central	Flames Week	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Departures		Pilot Guides		Don't Forget Your Passport		Mantracker
	417	406	48 SPEED	Big Shots: Titans at the Tee		Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		Big Shots
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	(6:30) *Scooby-Doo and the Goblin King*			Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Miss Spider	Big Comfy	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	(8:01) Boston Legal		'Til Death	How I Met	How I Met	Worst Week	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	How Clean	House	Love It or List It (N)		Real Est
	521	560	24 TLC	Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Little People	Little People	Jon & Kate	Jon & Kate	17 Kids-Count
	603	561	25 FOOD	Good Eats	Ace of Cakes	Kitchen Nightmares		Restaurant Makeover		Challenge		Good Eats
	615	520	26 A&E	Intervention (HDTV) (N)		Jose Canseco: Last Shot		Intervention After		Intervention "John"		Intervention
	617	522	32 SHOW	Prime Suspect 7		Love-Death	Love-Death	Painkiller Jane		Kenny-Spenny	Rent-A-Goalie	Earl
	601	562	33 SLICE	Beautiful	Party Mamas	Project Runway		Til Debt-Part	Newlywed	Beautiful	Party Mamas	Runway
	-	633	34 ENC2	*Bedford Incid.*	(7:25) *Midnight in Saint Petersburg* (1997)			*In the Name of the Father* ★★★ (1993, Docudrama)				*Henry & June*
	520	505	35 DISC	Verminators (N)		Dirty Jobs (N)		Daily Planet		Verminators		Dirty Jobs
	620	523	36 BRAVO	Shumka's Cinderella		Circa		Law & Order "DWB"		Without a Trace		*Till Human*
	294	650	40 WPCH	(6) *Metro* (1997, Action)		Steve Harvey	Family Guy	Family Guy	Seinfeld	The Single: Monica		Dupri: Brutha
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	The Cho Show
	-	539	42 TCM	(7:15) *Brief Moment* ★ (1933, Drama)			*Virtue* ★★ (1932, Drama)		(9:45) *No More Orchids* ★★ (1932, Drama)			*The Racketeer*
	628	584	43 SPIKE	*Star Wars IV: A New Hope* ★★★★ (1977, Science Fiction) Mark Hamill, Carrie Fisher.						Disorderly Conduct: Video		Disorderly
	522	516	45 HIST	Deep Wreck Mysteries		NCIS "Enigma"		Battle 360		Dogfights		NCIS
	627	528	46 SPACE	Battlestar Galactica		Eureka (N)		Stargate SG-1 (DVS)		Lost "Exodus"		Deep Space 9
	-	-	47 AMC	(6) *Silverado* ★★★ (1985, Western) Kevin Kline.				*Zorba the Greek* ★★★★ (1964, Drama) Anthony Quinn, Alan Bates.				
	619	525	49 TROP	News Show	News Show	TV Made, Do It	Very Bad Men		What Happen?	Make or Break	TV Made, Do It	Planet Soap
	600	564	50 HGTV	Property Virgin	Marriage	Income Prop.	House Hunters	Holmes on Homes		Property Virgin	Marriage	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 CLT	The Color of War		Mysterious Ways		Judging Amy		The British Empire In Colour		Color of War
	269	350	93 APTN	News		MYTV	The Mix	La Voix Mechif	Metcom	Nedaa: Your Eye on the Yukon		Suaangan
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Where You At	Revival	Gene Simmons Family Jewels			Party of Five		Where You At	Party of Five
	570	580	101 MM	MuchNews	The NewMusic	MuchTopTens (N)		MuchVibe		So You Think You Can Dance Canada		
	581	566	102 MTV	Super Sweet	The Hills	The Hills	After Show	MTV Live	MTV News	Man and Wife	The Hills	The Hills

critics'corner

Chuck
Chuck (Zachary Levi) learns more about Sarah's (Yvonne Strahovski) past when they run into her old high-school nemesis Heather Chandler (Nicole Richie). Sarah's teenage insecurities come to the surface, and she tries to avoid Heather at all costs. When Heather's husband, Mark (Ben Savage), turns out to be a key player in an upcoming mission, the agents must attend Sarah's high-school reunion to prevent the sale of potentially dangerous plans. 9 PM on CKAL

Jose Canseco: Last Shot
This new special puts a very personal face on baseball's steroid scandal: the face of Jose Canseco. The Cuban-born outfielder admitted to using steroids, and named other players who did, in his 2005 autobiography. Now in his 40s, he's still taking the drugs and wants to get clean. And we get to watch. He has a team of doctors to help him, but even they can't be sure what effects kicking steroids after more than 20 years will have. 8 PM on A&E

Duchovny's tennis coach not denying affair

David Duchovny's tennis coach has sparked rumours her friendship with the actor was the cause for his split from wife Tea Leoni. Edit Pakay, 28, has reportedly failed to deny that she was having an affair with the star. IMDB.COM

Celebrity Buzz

Jolie, Pitt fell in love on set

CONTROVERSY Angelina Jolie has sparked a new scandal after confessing she and Brad Pitt fell in love on the set of movie Mr. & Mrs. Smith — while the movie hunk was still married to Jennifer Aniston, imdb.com reports.

The couple has always maintained there was no romance on the set of the 2005 film, and the pair just became "very, very good friends," but now Jolie has a different story.

In an interview with the New York Times newspaper, Jolie lets it slip about where she and Pitt fell in love.

Asked when she thinks her children will be able to watch Mr. & Mrs. Smith, Jolie states, "Not a lot of people get to see a movie where their parents fell in love."

She also tells the Times that she's preparing for a heart to heart chat with her eldest son, Maddox, after realizing he's at an age where his curiosity might lead him to Google his parents online.

She explains she worries the seven-year-old will "look up my name and see some kind of sexy pictures or read a story about himself that isn't true. There's a lot we're going to have to explain to them about how public their family is."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Dick to wear alcohol monitoring bracelet

PEOPLE Comedy actor Andy Dick will have to wear an alcohol-monitoring bracelet for a year, after pleading guilty to two misdemeanour charges of battery and marijuana possesson in a California court on Friday, imdb.com reports.

Dick struck a deal, ensuring charges of public intoxication and possession of painkiller Xanax without a prescription were dropped.

The accusations all stem from the 42-year-old's arrest outside a restaurant in Murrieta, Calif., in July — after he allegedly exposed a 17-year-old girl's breasts.

When police searched the comedian, they found marijuana and Xanax.

Sexual battery charges were dropped back in August.

Speaking outside court, Dick's attorney Jeffery Rubenstein told reporters, "Andy is a great guy. We are considering this matter closed. He's looking forward to putting this matter behind him."

METRO NEWS SERVICES

McGowan to wed director

PEOPLE Actress Rose McGowan has bounced back from rumours she and boyfriend Robert Rodriguez have split by announcing the pair are engaged and she's planning the perfect wedding, imdb.com reports.

McGowan has told reporters that she and the cult director are planning to marry in 2009.

"I am engaged," she said, revealing Rodriguez proposed to her in September after divorcing his first wife, Elizabeth.

McGowan and Rodriguez met on the set of the Grindhouse movie Planet Terror and are now reportedly teaming up to make remakes of Red Sonja and Barbarella.

McGowan admits she has her perfect wedding in her sights.

METRO NEWS SERVICES

Ritchie says he is 'doing fine'

BREAKUP Guy Ritchie is "doing fine" since news of his impending divorce with Madonna hit the news, a friend tells People.

"(The divorce) is news to you and everyone else, but for Guy this has been a long time coming," the friend adds. "I think he's sort of relieved that it's all out there. He doesn't have to fake it anymore."

As for the kids — Lourdes, 12, Rocco, 8, and David, 3 — the friend says, "They're great. They are Guy and Madonna's top priority." METRO NEWS SERVICES

celebrity briefs

Furtado confirms she tied the knot

MARRIAGE Nelly Furtado's Maneater days are over, People.com reports.

In an interview with Entertainment Tonight Canada airing Friday night, the British Columbia-born singer confirmed that she married sound engineer Demacio "Demo" Castellon over the summer.

"We got married July 19th," she said. "I love it."

The singer continued, "It's a nice phase of my life."

Furtado, 29, recently sported a new diamond ring in Miami, sparking rumors that she had tied the knot.

"I just feel kind of free and relaxed and more in tune with trying not to be so stressed out," she said.

METRO NEWS SERVICES

Lohan lashes out at the press

PEOPLE Actress Lindsay Lohan has hit out at the press for pursuing her even when she's out clubbing, because it makes her feel like a caged animal, female-first.co.uk reports.

Lohan headed out to Washington, D.C., late last week to support her girlfriend, DJ Samantha Ronson, who was playing a set at the venue. But Lohan was unable to fully enjoy herself because of all the unwanted attention from photographers and excited clubgoers clamouring to get a picture of the star.

METRO NEWS SERVICE

FameThrower

Joe O'Neill

Joe's take on celebrities

You know that T.V. commercial that features people doing happy dances because they've won, or feel they might win, the lottery? That's what I imagine **Guy Ritchie** is doing right about now. I know I'll miss that, "Please help me, I just wanted to give my directorial career a boost, but now I'm trapped with the waffle-haired cryptkeeper" look he always had in their pictures together, but it's hard to begrudge a guy the taste of freedom from utter insanity.

True, **Guy** probably acquired one more African orphan (if a kid with a living father can be considered an orphan) than he would have liked, and the fact that he had one biological child with **Madge** means he'll have to have some kind of contact with her until one of them dies, but at least he can kiss goodbye to the maddeningly fake accent, the macrobiotic food, the Kaballah water enemas and the ridiculous wrestling belt.

His estranged wife has already made comments indicating that **Ritchie**'s emotional distance was a problem for her. Duh, he's English. Those guys are light years behind North American males when it comes to being completely emasculated.

There's already speculation on how much money **Ritchie** will get in the settlement. My position is that he just spent eight years with one of the world's chief causes of human suffering. Whatever he gets, it ain't enough.

NEWSDESK@METRONEWS.CA

Everyone should make time for a noon hour quickie. Don't you agree?

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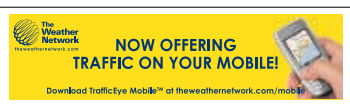
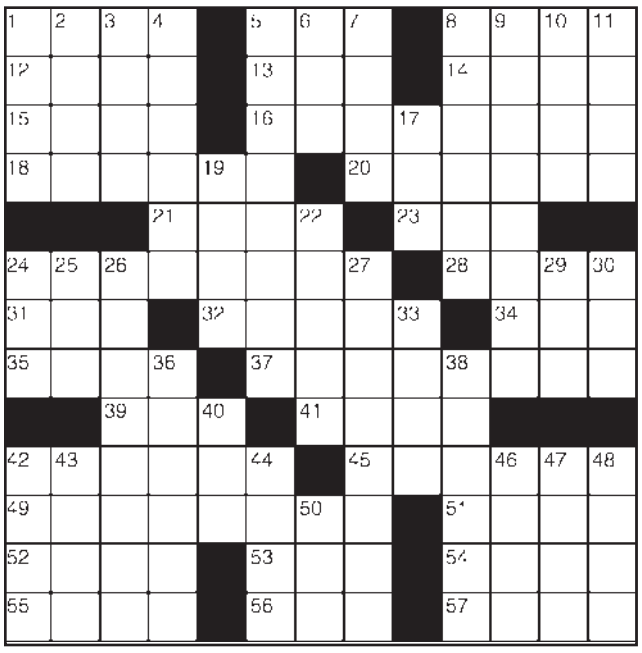
Today
Variable
13° / 0°

Tuesday
Sunny
9° / -5°

Wednesday
Sunny
12° / -2°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		3				4		6
	1		6		2		7	
8								9
		4	5		8	6		
	9						4	
		1	7		6	5		
9								2
	5		4		1		3	
1		8				7		4

Crossword across

1 Friend
5 Egos' counterparts
8 Leading man?
12 Sax-playing Simpson
13 Born
14 Arizona city
15 Greek war god
16 Somewhat sore, as a throat
18 Know-it-all, maybe
20 Desert waterway
21 Bound
23 Distant
24 Wrote hastily
28 Philosopher Immanuel
31 Gorilla
32 Done in
34 Plaything
35 Cleanse
37 Ice-removing gadgets
39 Pitch
41 Medal earner
42 Illinois city
45 Mythological maidens
49 Prepare eggs, in a way
51 Repast
52 "— a Lady"
53 Vegas intro
54 Therefore
55 Throw
56 Sullivan and McMahon
57 Strong yearning

Crossword down

1 Applaud
2 Employ
3 Secondhand
4 Spice blend of Indian cuisine
5 Sets up for use
6 Last calendar pg.
7 Antitoxins
8 National Railroad Passenger Corporation
9 Adorn
10 Wan
11 BLT topper
17 "Bow-wow!"
19 Information
22 Fuzzy fruit
24 Witnessed
25 Bookkeeper (Abbr.)
26 Makes good as new
27 Tragic condition
29 Neither mate
30 Pennington and Cobb
33 — a soul (nobody)
36 Bother repeatedly
38 Saddle knob
40 Edge
42 Hushed "Hey, you!"
43 Reverberate
44 Skilled
46 South American land
47 Crones
48 Coin aperture
50 Young fellow

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	6	7	3	2	1	4	9	5
3	1	9	4	6	5	8	2	7
4	2	5	9	8	7	1	6	3
1	3	6	2	7	4	5	8	9
7	4	2	8	5	9	6	3	1
9	5	8	1	3	6	2	7	4
5	7	3	6	4	2	9	1	8
2	8	1	5	9	3	7	4	6
6	9	4	7	1	8	3	5	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Turkey Club Sandwich

INGREDIENTS:
4 strips lean bacon, halved
12 slices whole-wheat sandwich bread, toasted
½ cup (125 mL) light mayonnaise
8 lettuce leaves
1 large tomato, thinly sliced
8 oz (250 g) thinly sliced cooked turkey breast
8 tiny sweet pickles
8 pimiento-stuffed green olives

METHOD:
1. Cook bacon over moderate heat until crisp. Drain and set aside.
2. Spread each bread slice with mayonnaise. Place 1 lettuce leaf on each of four bread slices, then top each with tomato and two half-strips bacon. Add another slice of bread, mayo side up, and top with remaining lettuce. Divide turkey evenly among sandwiches. Top with remaining bread.
3. Cut sandwiches in half diagonally. Thread a pickle and an olive onto each of eight wooden toothpicks, then poke a pick into each sandwich half.

PER SERVING:
400 calories, 26 g protein, 45 g carbohydrate, 2 g fibre, 13 g total fat, 3 g saturated fat, 62 mg cholesterol, 700 mg sodium

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
There's danger of a cranky person visiting you. A grieving person moves toward closure. An agenda is going through a transformation.

TAURUS
APRIL 21-MAY 21
Forget a deed done in weakness. A crude crook causes anxiety attacks. You'll acquire facility with finances.

GEMINI
MAY 22-JUNE 21
You must take charge of a sensitive issue. A presumptuous expert will probe a sore spot. A baffling man is too hilarious.

CANCER
JUNE 22-JULY 22
Do not walk through a dark park alone. A manager will stir up memories. A sweet talker will tell secrets.

LEO
JULY 23-AUG 23
Don't let anything get the better of you. A woman's moodiness has a certain elegance. A friend needs a firmer commitment from you.

VIRGO
AUG 24-SEPT 22
Enlightenment appears when your best friend shares techniques. You'll learn the truth about a distressing situation.

LIBRA
SEPT 23-OCT 23
Lamps must be checked for flaws. There is no fool like a young fool. Contact is renewed with someone at a distance.

SCORPIO
OCT 24-NOV 22
A grateful person will support you. The solution to an ironic problem improves working conditions. Get involved when someone needs comfort.

SAGITTARIUS
NOV 23-DEC 21
Don't neglect a frivolous idiot. Positive progress is made in talks. A dismal male will get your attention in a vexing way.

CAPRICORN
DEC 22-JAN 20
There's no need to feel sorry for a troublemaker. Home is the place to retreat when you're vulnerable. Loneliness will fade.

AQUARIUS
JAN 21-FEB 18
A spirited female applies logic with care. A friendly enemy stops playing games. A fair man demands that you do the right thing.

PISCES
FEB 19-MARCH 20
Don't push anyone around in a debate. Play nice with enemies. Nobody wants to get legal correspondence.

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SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

This day in history

OCT. 20, 1968: Former First Lady Jacqueline Kennedy marries Greek shipping tycoon Aristotle Onassis.s
OCT. 20, 1973: The Saturday Night Massacre: President Nixon fires attorney general Elliot Richardson and deputy attorney general William Ruckelshaus after they refuse to fire Watergate prosecutor Archibald Cox, who is finally fired by Robert Bork.
OCT. 20, 1977: A plane carrying Lynyrd Skynyrd crashes in Mississippi, killing lead singer Ronnie Van Zant and guitarist Steve Gaines along with backup singer Cassie Gaines, the road manager, pilot and co-pilot.

METRO NEWS SERVICES

WORDY GURDY®

BY LUCKY LUCY XANA

Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Yours truly exhales with relief (1)
2. Quarterback Favre's house animals (1)
3. Cheek cosmetic in an Olympic sled (1)
4. Everyday Japanese noodle dish (2)
5. Madrid's nation's jets (1)
6. Branch trimmer's radio knobs (2)
7. Army draft postponement citing (3)

ANSWERS:
1. I SIGH 2. BETTY PETS 3. LUGE ROUGE 4. COOKOO NAKEN
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